

HOW TO HAVE A SAFE AND SOBER

# SUPER BOWL PARTY



MOCKTAIL RECIPE BOOKLET



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For more information, go to [www.ohs.delaware.gov](http://www.ohs.delaware.gov).

## TIPS FOR RESPONSIBLE SUPER BOWL PARTY HOSTING:

### 1. DEEMPHASIZE ALCOHOL

Guests should not have to drink in order to relax and have fun.

### 2. DESIGNATE A DRIVER

Publicize your plans for a safe party. Each vehicle should have a driver designated to stay sober.

### 3. ALWAYS SERVE FOOD WITH ALCOHOL

Have lots of non-salty, high-protein, low-fat foods like meats and cheeses. These slow the absorption of alcohol.

### 4. MEASURE AND CONTROL DRINKS

Do not have an open bar, and don't push drinks. Place the bar out of the way. Serve your guests or use a bartender. Always measure the alcohol, never free-pour. Never serve anyone who seems to be impaired.

### 5. HAVE NON-ALCOHOLIC BEVERAGES AVAILABLE

Focus on serving an attractive variety of juices and sodas. Some of your guests may not want to drink alcohol. Respect their wishes.

### 6. PARTY'S END

Stop serving alcohol at least an hour before guests leave. Only time (not coffee or a cold shower) will reduce the amount of alcohol in your system. Never let a guest drive away intoxicated. Arrange rides or have them stay over. In the morning you'll have a safer, and maybe even closer, friend.

# Protein-Packed Party Snacks

## SLOPPY JOE MEATBALLS

- 1 egg, beaten
- 1 15-ounce can tomato sauce
- 1/4 cup fine dry bread crumbs
- 2 tbsp brown sugar
- 1 medium onion, finely chopped (1/2 cup)
- 1 tbsp prepared mustard
- 1/4 teaspoon dried oregano, crushed
- 1 tsp chili powder
- 1 pound lean ground beef
- 1/4 tsp black pepper
- 1/2 cup chopped green sweet pepper
- 1/4 tsp garlic salt
- 1 tbsp cooking oil
- Dash bottled hot pepper sauce (optional)

*Heat oven to 350°F. Combine egg, bread crumbs, 1/4 cup of the onion and the oregano in a large mixing bowl. Add the ground beef and mix well. Shape into 42 meatballs about 3/4-inch in diameter. Arrange in a single layer in a 15 x 10 x 1-inch baking pan. Bake for 12 to 15 minutes or until no pink remains. Drain well. Meanwhile, cook remaining 1/4 cup onion and the sweet pepper in hot oil in a large saucepan until vegetables are tender. Stir in tomato sauce, brown sugar, mustard, chili powder, black pepper, garlic salt and, if desired, hot pepper sauce. Bring to boil. Reduce heat and simmer, uncovered, for 5 minutes. Serve immediately. Makes 21 servings.*



## CROCKPOT CRAB DIP

- 3/4 cup mayonnaise
- 8 oz pkg cream cheese, softened
- 2 tbsp apple juice
- 1 onion, minced
- 1 lb lump crabmeat, picked over to remove cartilage and shell bits

*Mix mayonnaise, cream cheese and apple juice in medium bowl until blended. Place in 1- to 3-quart crockpot. Stir in onions and blend well. Gently stir in crabmeat. Cover crockpot and cook on LOW for 4 hours. Dip will hold for up to 2 hours, stirring occasionally. Makes 8 servings.*

## SHRIMP COCKTAIL

- 3 cups or 24 servings
- 1 pkg (8 oz) cream cheese, softened
- 3/4 lb cooked shrimp, chopped (2 cups)
- 3/4 cup cocktail sauce
- 1/4 cup shredded Parmesan cheese
- 2 green onions sliced

*Spread cream cheese onto bottom of shallow bowl or 9-inch pie plate. Toss shrimp with cocktail sauce; spoon over cream cheese. Sprinkle with Parmesan cheese and onions. Serve with snack crackers.*

***Tips: Substitute 1 pkg (8 oz) imitation crabmeat, coarsely chopped, for the shrimp.***

## SNACK TIPS

### 1. SALT SPEEDS UP INTOXICATION

Serve your dips and spreads with unsalted crackers. Better yet, serve raw vegetables for dipping such as carrots, celery, cauliflower and even squash. Weight watchers will be thrilled with these choices.

### 2. HIGH-PROTEIN FOODS SLOW DOWN INTOXICATION

High-protein foods such as cheeses and meats stay in the stomach longer. Consider cold cut trays, cheese fondues, cheeseballs, hardboiled eggs and deviled eggs.

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### HIGH-PROTEIN HORS D'OEUVRES

Cheese platter	Peanut butter and crackers
Meatballs	UN-salted nuts
Tuna rounds	Chicken wings
Cocktail wieners	



# Alcohol-Free Mocktails

## SWEET CHERRY FIZZ

- 1/2 cup cherry juice from concentrate
- 1/2 cup ginger ale
- Fresh cherries and other fruits for a garnish

*Mix ginger ale into the juice slowly in a blender, add ice if desired, serve in tall glass with fruit kabob.*

## UNFUZZY NAVEL

- 3 oz peach nectar
- 3 oz orange juice
- 3 oz pineapple juice
- 1 tsp lemon juice
- Dash of grenadine

*Combine in shaker half-filled with ice.*



## DOWN EAST DELIGHT

- 2 oz cranberry juice
- 2 oz grapefruit juice
- 1/2 cup orange juice
- 1 oz honey to taste

*Mix together and serve chilled. Add a maraschino cherry, orange slice and grapefruit skewer for garnish.*

## VIRGIN MARY

- 3 oz tomato juice
- Tabasco sauce to taste
- Celery salt to taste
- Dash of Worcestershire sauce
- Ground pepper
- 1/2 oz lemon juice

*Mix all of the ingredients together and serve cold.*







## ALTERNATIVES TO DRIVING

- Designate a driver
- Friends
- Taxis
- Carpools
- Sleepovers
- Dial a ride
- Police

## PROGRESSIVE SIGNS OF INTOXICATION

- Loss of inhibition
- Silliness
- Sadness, crying
- Boisterousness
- Slurred speech
- Wobbly gait
- Loss of motor control (spilled drinks, tripping)

## IF YOU HAVE TO INTERVENE

- Speak softly
- Be calm but firm
- Offer to pay for a ride home
- If you need help, GET IT!
- Act early – if you wait, your guest may become aggressive
- Don't take drunken statements personally